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(54) Title: COMPOSITIONS COMPRISING VITAMIN K FOR TREATING OR PREVENTING AGE-RELATED STIFFENING OF ARTERIES

(57) Abstract: Vitamin K is effective in counteracting the reduction in arterial elasticity normally associated with the aging process. A pharmaceutical composition or nutritional formulation comprising vitamin K can be used to combat age-related stiffening of the arteries, and the consequences thereof, namely pulmonary congestion, hypertension, left ventricular hypertrophy, congestive (right sided) heart failure, left sided or left ventricular failure, chronic cardiac failure, angina pectoris, myocardial infarction, Mönckeberg's sclerosis and stroke.